

Inside



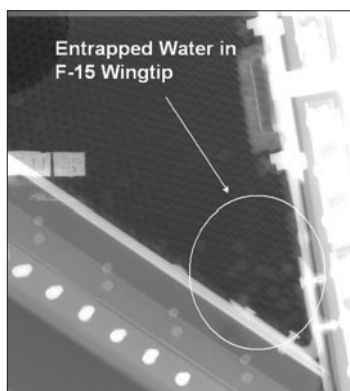
*New PACAF
command chief
starts work*

– Page 2



*Environmental
assessment
begins soon*

– Page 3



*New NDI lab
process saves
Air Force money*

– Page 20

Volunteers help veterans compete

Staff Sgt. Tabitha Sunderland,
Tennessee Air National Guard's
134th Air Refueling Wing,
helps walk one of the veterans
participating in the 26th Annual
Wheelchair Games during the
Anchorage Fourth of July Parade.



– Pages 10-11

ALCOM commander thanks volunteers

By **Lt. Gen. Douglas Fraser**
Alaskan Command commander

The 26th Veterans Wheelchair Games were held in Anchorage July 3-8 with more than 500 athletes from all 50 States, Great Britain, and Puerto Rico competing in 15 events throughout the Anchorage area – including bowling at the Elmendorf Polar Bowl.

The athletes ranged in age from over 70 years old to Operation Iraqi Freedom veterans in their 20s. These were truly world-class people with athletic skill, competitive spirit and deep patriotism.

I had the opportunity to meet many of them and their family members and coaches, and I hope you did too. These inspirational men and women continue to serve

our nation despite lifelong disabilities.

I was happy to see the large number of military volunteers, not only from Anchorage, but from as far away as Tennessee, supporting the games and helping make them a huge success.

Game officials and participants repeatedly expressed their appreciation for your participation and professionalism.

Thank you for giving your time assisting these amazing athletes, especially during a holiday week.

I am proud of you.



COURTESY PHOTO
Lt. Gen. Fraser

New command chief master sergeant joins PACAF team

By **Capt. Allison Farabaugh**
Pacific Air Forces Public Affairs

Chief Master Sgt. Anthony Bishop began his tenure as Command Chief for Pacific Air Forces on July 5 and it’s a position he is extremely excited to occupy.

“I feel both honored and fortunate to have the opportunity to serve as the next command chief for Pacific Air Forces,” he said. “I want to thank the Airmen of PACAF for what they are doing everyday. PACAF has some of the most extreme weather conditions and working environments anywhere in our Air Force ... and our Airmen are making the mission happen.”



PHOTO BY CAPT. ALLISON FARABAUGH

Pacific Air Forces Command
Chief Master Sgt. Anthony Bishop
discusses security procedures with
Senior Airman Jasmine Frank, 15th
Airlift Wing security forces.

Chief Bishop is no stranger to the Pacific. He began his Air Force career at Andersen Air Force Base, Guam, and spent two assignments at Kadena Air Base, Japan. He served as the 18th Wing command chief during his most recent assignment to Kadena.

“To me, this is a homecoming and I know how critical PACAF’s mission is to the defense of the U.S. and the stability of the Pacific region,” he said. “I am proud to serve alongside the thousands of great Airmen, Soldiers, Sailors, Marines and Coast Guardsmen who maintain peace in this critical region. I am equally proud of the tremendous PACAF family members who support our Airmen as they deploy in support of the Global War on Terror or launch one of PACAF’s new C-17s to provide much needed humanitarian assistance to a needy region.”

And his new boss agrees.

“I am very excited to have Chief Tony Bishop re-join our PACAF team,” said General Paul V. Hester, PACAF commander. “His demonstrated leadership and experience in this AOR will enhance our ability to do our nation’s business through our great Air Force. He won’t spend a lot of time in Hawaii as the chief wants to see and talk with all Airmen ... enlisted and officer.”

The command chief’s goals are in direct support of the Air Force initia-

tives to win the war on terrorism, care for our Airmen and recapitalization of our fleet. In addition, he will continue to support commanders and enlisted leaders in the command by championing their issues at respective levels.

“I think I have a great deal of experience that will help me as the PACAF command chief to include my background in aircraft maintenance and first sergeant responsibilities,” Chief Bishop said. “Also having served in PACAF before, I have a good understanding of the political, cultural and geographic issues associated with service in the Pacific.”

Recognizing the diversity in this region, he plans to build upon and develop new relationships with the senior enlisted leaders of other military services, bi-lateral partners and coalition forces with the Pacific.

Chief Bishop is the 17th Chief Master Sergeant to serve as PACAF’s top senior enlisted person.

Chief Bishop was most recently the commandant, U.S. Air Force First Sergeant Academy, Maxwell Air Force Base-Gunter Annex, Ala.

His other assignments include 62nd Military Airlift Wing, McChord AFB, Wash., 437th Airlift Wing, Charleston AFB, S.C., 1680th Airlift Control Squadron, Southwest Asia, 347th Fighter Wing, Moody Air Force Base, Ga., and Air Force Personnel Center, Randolph AFB, Texas.



Tech. Sergeant Mark Blinn, 517th Airlift Squadron, is the resource advisor for the 517th AS. He is responsible for planning and executing a \$1.5 million budget, providing comprehensive logistics support for more than 180 personnel. Sergeant Blinn identified a major budgetary shortfall that would have led to the closure of the C-12 Formal Training Unit. His proactive management identified a perfect solution that saved the mission.

Senior Airmen Joseph Biernacki and Jonathan Utecht, Airman 1st Class **Ryan Schattner and Kip Phillippe**, 3rd Logistics Readiness Squadron, distinguished themselves by completely refurbishing a severely corroded 50,000-pound forklift. They ingeniously manufactured two battery boxes, one compartment door, and a catwalk frame. They also coordinated the use of the base paint shop and worked extended hours to meet a stringent timeline. Their efforts increased the use of this mission critical, one-of-a-kind 3rd Wing asset by 10 years and saved \$27,300 in contract costs.

Tech. Sgt. Brent Maxwell, **Staff Sgt. Daniel Eddington**, **Senior Airmen Bradley Brant, Ashley Guillory and Ruben Oliver**, 3rd Component Maintenance Squadron Jet Engine Intermediate Maintenance members, went above and beyond the call of duty when asked by the 12th Aircraft Maintenance Unit to assist with the removal and replacement of an F100-PW-220 engine augmentor module. The team voluntarily worked well into the evening, completing the normal six-hour task in only one and a half hours. Their outstanding work ethic and “service before self” attitude ensured the aircraft was returned to full mission capable status in only five hours.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC
552-3007

Lt. Col. Michael Borgert, 3rd SVS/CC
552-2468

Lt. Col. Robert Garza, 3rd SFS/CC
552-4304

Sourdough Sentinel

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For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

3rd Wing Moment in History

July 8, 1986:

The first two E-3A aircraft arrived at Elmendorf. These aircraft were assigned to the 962nd Airborne Air Control Squadron. The 962 AACCS was activated the week before to support the rotational deployment of E-3 aircraft.



Base prepares for PACAF environmental assessment

By Jon Scudder
3rd Civil Engineer Squadron

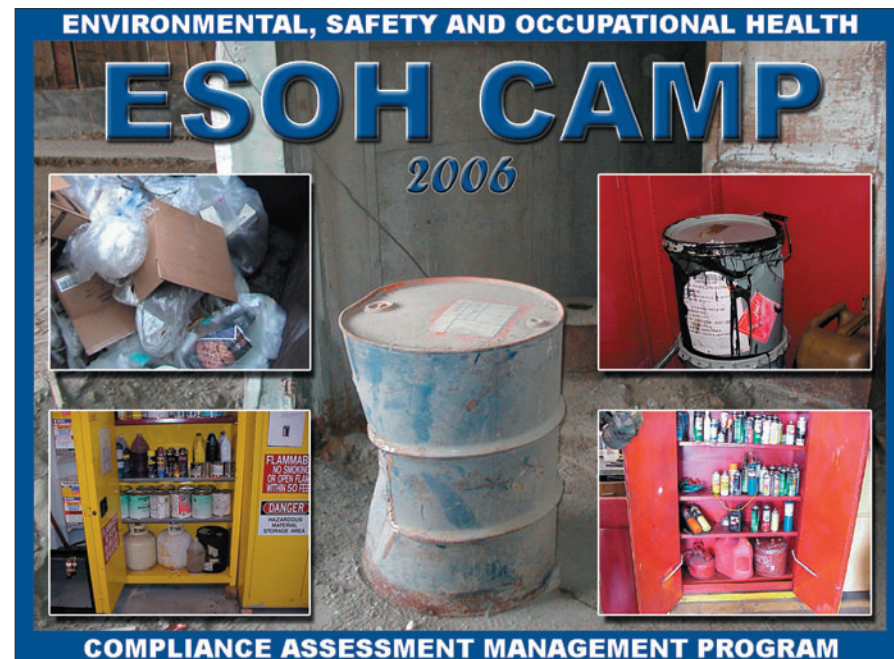
A team of volunteers will scour the base July 25-28 looking for environmental deficiencies to help Team Elmendorf prepare for the PACAF Environmental, Safety, Occupational Health Compliance Assessment and Management Program scheduled for Aug 21-25.

ESOH CAMP is a management tool to ensure Elmendorf complies with federal, state and Department of Defense rules and regulations. It assists base leadership in managing their environmental, safety and occupational health programs more effectively by helping to identify and correct deficiencies before they result in violations.

“Through these assessments the Air Force ensures its members can go to work each day in a safe environment and our activities do not pollute our base or the beautiful state we live in,” said Jamie Spell, 3rd Civil Engineer Squadron environmental flight chief. “This self-assessment will help ensure we are successful.”

According to Mr. Spell, the base’s assessors will comb the base looking at environmental programs with an emphasis on hazardous material and waste programs.

Other areas include petroleum oil



and lubricants, solid waste, recycling, wastewater, natural resources and the new environmental management system program.

The August PACAF ESOH CAMP will expand beyond environmental protocols to include safety and occupational health issues.

During both events, assessors will conduct record searches, interviews and evaluations of Elmendorf’s work centers. In addition, dumpsters will be checked for improperly disposed of waste items, such as recyclables and hazardous materials.

“We want our pre-PACAF ESOH CAMP assessment to provide constructive feedback to work centers so all deficiencies can be corrected as soon as possible,” added Mr. Spell.

Teams will also look for best management practices in these areas. “All of these findings will fit together and give us an overall measure of on how we are doing as a base,” said Mr. Spell. “Wing leadership will then use the data to look at the big picture, try to identify trends and prevent bad practices on base.”

“Supervisors can help prepare by completing unit checklists and doing

a general ‘spring cleaning’ of storage areas,” he said.

“For hazardous materials, Elmendorf’s OPLAN 19-3, Hazardous Waste, Used Oil and Hazardous Material Management Plan, serves as an excellent tool to help prepare for the ESOH CAMP,” said Mario Frisby, Elmendorf’s Hazardous Material program manager. The plan can be found on the base intranet, Topcover, under the 3rd Wing Plans section.

“It spells out responsibilities from the commander to the hazardous material user,” said Mr. Frisby. “It’s like having an open-book test. We have all the necessary checklists for Elmendorf to excel.”

Mr. Frisby added that each squadron with hazardous materials has a unit environmental coordinator.

“They are available to answer questions and help correct any problems.”

Additional references for federal, state and Air Force protocols can be found on the 3rd CES Web page located on Topcover.

“Our environmental program is one of the best in the Air Force,” said Mr. Spell. “We are all environmental warriors whose goal is to keep all of us safer and healthier.”

For more information about how to prepare for ESOH CAMP, call Jon Scudder at 552-2813.

‘Lightning II’ moniker given to Joint Strike Fighter

The Air Force chief of staff announced Lightning II as the F-35 name during a Joint Strike Fighter Inauguration Ceremony July 10 at the Lockheed Martin Aeronautics Co. at Fort Worth, Texas.

Gen. T. Michael Moseley made the final decision after an extensive nomination and review process, coordinated with the other services and partner nations.

In naming the F-35, General Moseley said, “Today, the enemies of peace and freedom have been put on notice. They have feared this day because the F-35 provides the coalition warfighter the perfect blend of speed, precision and stealth.

“In my travels, Airmen have given me some great suggestions that we’ll see on new Air Force weapons systems in the near future,” he said. “The name for the F-35, Lightning II, was a win for aviation heritage and culture.”

The heritage associated with this name played a significant role in its selection. The original P-38 Lightning was also a strike fighter and had the most air-to-air kills in the Pacific during World War II. Both of America’s top two aces – Maj. Richard Bong, 40 kills, and Maj. Thomas McGuire, 38 kills – scored all of their victories in the P-38 Lightning in WWII.

The Lightning II name also draws parallels with a formidable force of nature. Like lightning, the F-35 Lightning II will strike with destructive force. The stealth characteristics of the jet will allow the F-35 to strike the enemy with accuracy and unpredictability; when the enemy finally hears the thunder, the F-35 is long gone.

The F-35 Lightning II is the next generation strike fighter bringing cutting-edge technologies to the battlespace of the future. The Lightning II’s advanced airframe, autonomic logistics, avionics, propulsion systems, stealth and firepower will make it an affordable, lethal, supportable and survivable aircraft for warfighters across the globe.

The Air Force is the Department of Defense’s executive agent for designating and naming military aerospace vehicles. Air Force and Navy representatives proposed the Lightning II name during the review process.

(Courtesy of Air Force Print News)



PHOTO BY STAFF SGT. FRANCESCA POPP

Eye of the eagle

Tech. Sgt. Andy Aultman, 381st Intelligence Squadron, fills the eagle water pond as Notch looks on. Sergeant Aultman is one of 13 volunteers who cares for and feeds the eagles – One-eyed Jack and Notch – at Yukla 27 Memorial Park on base. For information about volunteering at the eagle pen, call Capt. Melissa Smith at 580-2570.

Did you recently arrive at Elmendorf? Did you receive an award? Did you complete Professional Military Education?



Fill out the Hometown News Release form, online at: <https://hn.afnews.af.mil/webpages/paperless/46790/46790-3WGELMENDORFAFB.html>.

Arctic Warriors receive Article 15s, discharges

Article 15s:

An airman first class from the 3rd Logistics Readiness Squadron failed to go to physical training.

His punishment was a reduction to airman, restriction to base for 14 days and 14 days extra duty.

A senior airman from the 3rd Equipment Maintenance Squadron received a vacation action for being absent without leave from his place of duty on two separate occasions. A vacation action imposes a suspended punishment that had been adjudged by a previous Article 15.

In this case, his punishment was a forfeiture of \$1,009 pay for one month and restriction to base for 15 days.

An airman from the 3rd EMS was late to work twice.

His punishment was a reduction to airman basic, suspended forfeiture of \$713 pay and 45 days extra duty.

An airman first class from the 3rd EMS stole makeup from the Joint Military Mall.

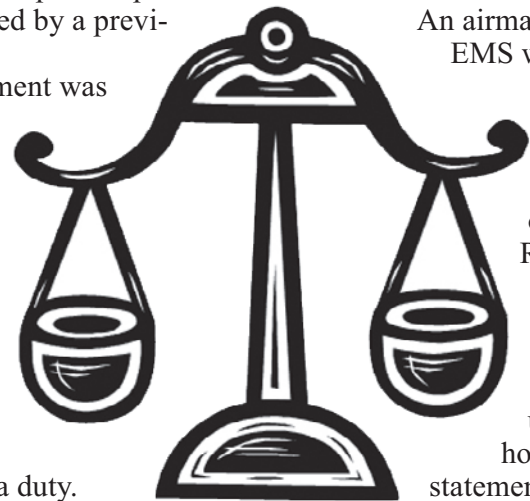
Her punishment was a suspended reduction to airman, forfeiture of \$528 pay and 45 days extra duty.

Discharges:

An airman basic with the 3rd EMS was administratively discharged for minor disciplinary infractions.

The member’s misconduct included a vacation action and an Article 15 for being late to work on multiple occasions. He received two Letters of Reprimand for making a false official statement, being derelict in the performance of his duties, and being late to work twice and to a commander’s call. He also received three Letters of Counseling for being derelict in the performance of his duties and for failing his dorm room inspection twice.

The member’s misconduct resulted in a General Discharge.



An airman first class with the 3rd EMS was administratively discharged for minor disciplinary infractions.

The member’s misconduct included a Letter of Counseling, a Letter of Reprimand and an Article 15 for misconduct including dereliction of duty, assault, urinating on private property, showing up to work under the influence of alcohol and making a false official statement

The member’s misconduct resulted in a General Discharge.

An airman basic with the 3rd Civil Engineer Squadron was administratively discharged for minor disciplinary infractions.

He received two Article 15s for failing to report a lost key to a supply area, being late to work, and for being drunk and disorderly while at Yokota Air Base, Japan.

He also received five Letters of Reprimand for misconduct including being late to physical

training twice, late to work three times, making a false official statement, entering a bar while under the age of 21 and misusing his government e-mail.

In addition, he received three Letters of Counseling for failing to go to work before an appointment, failing to get his dog tags for his mobility folder and failing to adhere to government quarters quiet hours.

The member’s misconduct resulted in a General Discharge.

An airman basic with the 3rd Medical Operations Squadron was administratively discharged for minor disciplinary infractions.

He received an Article 15 for committing adultery with a woman in his squadron. He also received a Letter of Reprimand for communicating a threat to his wife.

The member’s misconduct resulted in a General discharge.

An airman basic with the 3rd Security Forces Squadron was administratively discharged for drug abuse, specifically, methamphetamine, cocaine and marijuana.

The member was found guilty and sentenced in a Special Court-Martial to a reduction to airman basic, three months confinement and forfeiture of \$849 pay per month for three months.

The member’s misconduct resulted in a General Discharge.

An airman with the 3rd EMS was administratively discharged for drug abuse, specifically, marijuana, in which the member received an Article 15.

The member’s misconduct resulted in a General Discharge.

(Courtesy of the 3rd Wing Legal Office)

Airman 1st Class Katherine Samora

Organization and duty title: 3rd Security Forces Squadron commander’s support staff
Hometown: Kent, Wash.
Hobbies: Dance, snowboarding and spending time with friends and family.
Mission Contributions: Provides the 3rd SFS with support for Government Travel Cards issues, in-processing, decorations and Leave Web.
Time at Elmendorf: Three months
Time in Air Force: Eight months
Best part about being in Alaska: The places I’ve seen, but more importantly the people I have met
Quote from supervisor: “Airman Samora’s positive and hardworking attitude has provided an exceptional professionalism to the 3rd SFS customer services. She is always eager to take on any challenge.” Staff Sgt. Vy Koy

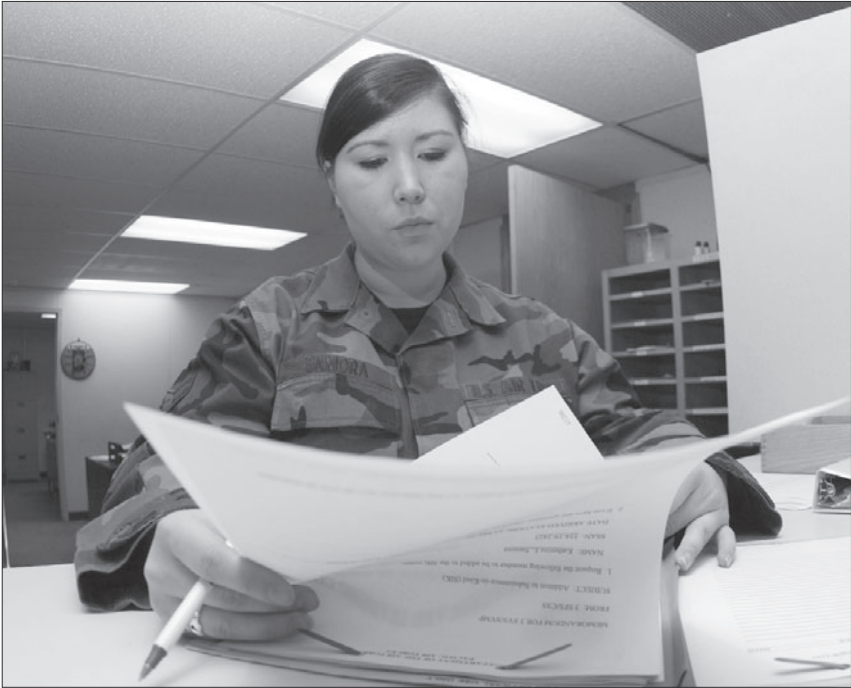


PHOTO BY STAFF SGT. RHIANNON WILLARD



PHOTO BY AIRMAN 1ST CLASS DE-JUAN HALEY

Airman 1st Class Joelle Passerello

Organization and duty title: 3rd Wing Legal Office paralegal
Hometown: None, has lived in California, Colorado, England and Oklahoma. She joined from Enid, Okla.
Hobbies: Going out, reading, writing, watching poetry slams and being with people she loves.
Mission contributions: Assists officers in providing legal assistance for military members and their families and equips military members with their legal readiness so they can deploy.
Time at Elmendorf: One year, 7 months
Time in the Air Force: One year, 10 months
Best part about being in Alaska: Summer
Quote from supervisor: “Airman Passerello is the epitome of today’s junior enlisted corps. She does everything asked of her and does it well, no matter what the task. She also volunteers more than anyone I know. It is no wonder that she was one of the few selected to enter the paralegal careerfield directly from basic training.” Tech. Sgt. Ronald Johnson



Disposition of personal effects

Second Lt. Jared Ferneau, is authorized to make disposition of the personal effects of Tech. Sgt. Michael Lawler, 19th Aircraft Maintenance Unit, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Ferneau at 552-9057.

Muldoon Gate

Due to construction, the Muldoon Gate is closed until Aug. 3. For more information, call Airman 1st Class Carlos Lopez at 552-4011 or Hazim Yunis at 552-3079.

Changes of command

■ The 3rd Civil Engineer Squadron change of command ceremony begins at 1 p.m. Wednesday in the Snow Barn, Bldg. 9361. Col. Michael Hass will relinquish command to Lt. Col. James Hodges. For more information, call 1st Lt. Ross Dotzlaf at 552-5009.

Volunteers needed

Arctic Thunder 2006, Elmendorf’s air show and open house, is Aug. 12-13. The air show team is seeking volunteers for various tasks. People interested in helping should call 552-5324 or 552-5414, or e-mail 2nd Lt. Joseph Douglass at joseph.douglass@elmendorf.af.mil or

Senior Master Sgt. Richard Lister at richard.lister@elmendorf.af.mil. For more details about the event, call 552-SHOW (7469).

Club scholarships

Family members of current Air Force club members are eligible for \$25,000 worth of scholarships. Applicants must submit an essay of 500 words or less on the topic “Proud to be an American.” Submissions are due to the 3rd Services Squadron commander by today. Applications can be picked up at the clubs or online at www.afsv.af.mil/clubs. For more information, call 552-3131.

SNCO Induction Ceremony

The SNCO Induction ceremony for newly selected master sergeants takes place Sept. 8 at the Anchorage Hilton. The fifth Chief Master Sergeant of the Air Force Robert Gaylor is the speaker. The meal costs \$35 and includes a choice of Alaskan halibut or roast beef. R.S.V.P. by Aug. 11 by e-mailing sncoi.2006@elmendorf.af.mil. For more information, call Tech. Sgt. Shannon Moore at 552-7088.

Spouse TA

The dates to apply for Spouse Tuition Assistance for classes beginning in August and September are Wednesday-Aug. 26 for University of Alaska, Central Texas Col-

lege and Embry Riddle Aeronautical University and July 26-Aug. 9 for Wayland Baptist University. For more information, call the Education Center at 552-3164.

Loaner furniture

Long-term loaner furniture is available for accompanied and unaccompanied staff sergeants and below authorized to live off base. This furniture is limited and issued on a first-come, first-serve basis. The furniture may be used for the duration of the member’s tour. However, they must pick-up and return these items.

Airmen interested in borrowing the furniture should bring their address and one copy of their orders 9 a.m.-4:30 p.m. weekdays to the housing office at 6346 Arctic Warrior Dr. For more information, call 552-4439 or 552-2599.

Victim advocate training available

Military members or civilians who can provide emotional support to sexual assault victims in the Elmendorf community are needed as victim advocates. The next free VA training is Monday-July 21. VAs will receive instruction on the psychological trauma, victim sensitivity, healing from trauma, offender dynamics and helping skills. People who are selected as VAs will be given an Air Force VA training certificate.



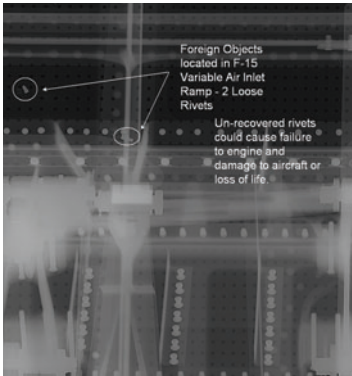
PHOTO BY TECH. SGT. KEITH BROWN

Above: Tech. Sgt. Joseph Goff, Nondestructive Inspection laboratory section chief, looks for cracks on an aircraft part. The members of the NDI lab inspect for abnormalities before they become a problem.



PHOTO BY TECH. SGT. KEITH BROWN

Tech. Sgt. Jay Williams, NDI laboratory technician, inputs data on an oil sample from Staff Sgt. Lisa McComas, lab tech. Center: an image produced by the VMI Digital Imaging machine.



COURTESY PHOTO



PHOTO BY TECH. SGT. KEITH BROWN

Senior Airman Jeri Thompson, NDI technician, studies a digital x-ray from an aircraft part. By switching from film to digital, the lab saves the Air Force approximately \$244,000 a year, and no longer produces hazardous waste from processing the film.

Digital process saves AF money

By Senior Airman Jared Marquis
3rd Wing Public Affairs

With cutbacks in the Air Force and the growing importance of Air Force Smart Operations for the 21st century, one unit is doing their part.

AFSO 21 is about eliminating or reducing waste, and the members of the 3rd Equipment Maintenance Squadron's Nondestructive Inspection laboratory have found a way to save the Air Force approximately \$213,000 annually.

According to Tech. Sgt. Joseph Goff, the lab is similar to a doctor's office in that it inspects all 3rd Wing assigned aircraft for what might be ailing them; more specifically, internal problems that are hard for the naked eye to see.

"We are trained to detect abnormalities before they become a problem," said Sergeant Goff.

They are able to accomplish this using several techniques, like x-rays, ultraviolet light, high-powered magnets, using a spectrometer – like those used in CSI – to analyze particles found in oil.

Transitioning from film to digital x-rays is how the lab saved so much money. The old way took two full shifts, and the members of the NDI lab had to take the x-ray, develop the film, which costs \$14 a piece, and then inspect the results. And if a picture didn't come out right, they would have to repeat the process. In addition, they had to keep copies of nearly 800 images from each assigned aircraft.

Now, with Virtual Media Integration Digital Imaging, it is all done digitally. They use a reusable plate to take the photo, scan it into a computer, and analyze it on a computer screen. According to Sergeant Goss, the new equipment cuts the time by 60 percent.

The software and hardware

provided with the systems are specifically designed and programmed to work together to process digital images into a usable format for the NDI Lab. This makes it easier for the lab techs to identify problems, said Sergeant Goss.

"In the x-rays, we are looking for things like cracks; it's kind of hard to see sometimes, because all you have is the film. With digital, you have more options, you can zoom in, lighten the image, darken the image, you can do whatever you need to see the problem," he said.

In addition, said Sergeant Goss, the film is reusable up to 10,000 times. So, there are no more hazardous chemicals to dispose of, and the lab only prints out the copies they need. Everything else is sent via e-mail.

As with most technological upgrades, someone has to be able to fix problems with the equipment. However, this isn't a problem for the lab.

"VMI manages and maintains the system software and hardware," said Sergeant Goss. "They cover 6-month periodic maintenance, upgrades to the system, cleaning, and part replacement if necessary."

They also provide the lab with twenty four hours a day, seven days a week technical support with a response time of 60 minutes and maximum repair time of three hours. In the event problems encountered cannot be resolved in that time frame, VMI will ship a replacement unit to the NDI Lab within 24 hours.

Since its integration, the VMI digital imaging process has saved the Air Force \$144 million. Elmendorf was the first to test out the new equipment; however, it is being integrated at bases throughout the Air Force.



Above: Master Sgt. Rick Valone, 3rd Medical Group, assists Joe Hogans, an Army veteran, during the bowling competition at the Polar Bowl July 5. The 26th National Veterans Wheelchair Games, were held July 3-8 in Anchorage.

Right: Private 1st Class Jack McComas, 475th Brigade Special Troops Battalion, helps Phillip Rosenberg, an Army veteran from Glendale, Wis., strap in to one of the transportation buses taking Veteran's Wheelchair Games competitors and spectators to and from competitions and lodging. A large contingent of the 2,000 event volunteers were military.



Veterans wheelchair game participants conquer Alaska

Military members boost volunteer ranks

By Master Sgt. Tim Hoffman
Alaskan Command Public Affairs

More than 500 athletes converged on the Anchorage area for the 26th annual National Veterans Wheelchair Games held July 3-8.

They came from all over the U.S. and as far away as England to compete at 15 venues in multiple sports ranging from rugby and basketball to bowling and archery.

"These Games have been amazing," said Robert Statam, a participant in three events and an Army veteran who came with a group from the Heinz Veteran's Administration Hospital in Chicago. "I can't believe this is the first time Alaska has hosted the event – they are well organized and the volunteers are going all out for us."

Those volunteers – 2,000 in all – included a large contingent of military and their family members.

"The teamwork has been great," said Dave Terrini, the bowling event leader and a senior master sergeant with the 3rd Medical Support Squadron. "We had volunteers here yesterday from 7 a.m. until nearly midnight, they just wanted to make sure everything was perfect for the athletes."

The military also provided 80 hand-held radios, various refrigerator and flatbed trucks, the bowling facility on Elmendorf, and constructed many special

access ramps for the participants.

The estimated 300 or more military volunteers were mainly from Elmendorf, Kulis Air National Guard Base, and Fort Richardson. But also include a 48-member contingent from the Tennessee Air National Guard.

"This has been interesting, stressful and very touching all at the same time," said Sally Rutherford, a captain and logistic readiness officer with 134th Air Refueling Wing from Tennessee. "Some of our guys were driving trucks all over the city, a city much larger than we expected since we had never been here before, but the local volunteers gave us good directions and everything worked out well."

Many volunteers were not only impressed with the physical prowess of the athletes, but their high spirits.

"I was talking to this one Marine," said Captain Rutherford. "He ended up volunteering to go to Vietnam because he lost a bet with some friends; while he was there he was shot three times. But, he told me that was the best bet he ever lost because it gave him a new, positive outlook on life."

"Many times we talk about serving and sacrifice for our country, but these men and women put it in a new perspective for me."

Although the volunteers had a rewarding experience, the focus was clearly on the veteran athletes throughout the week.

Some were here to fiercely compete

and win, while others had a different perspective.

"Many of the skill events, like bowling, can help build self-esteem and more importantly show paralyzed veterans that they can be like everyone else," said Chet Molinari, a games official for 25 years, and occupational therapist by profession. "With adaptive equipment like light-weight aluminum bowling ramps for the ball, or a handle balls, these guys can take their son or grandson out for an evening of bowling."

Sometimes the hardest part is just getting a veteran to come to the games.

"If we get them here (to the games) we get them hooked," said Mr. Statam, who is also a recruiter/counselor for his local chapter of the Paralyzed Veterans of America. "These games show them what life can be about; it breaks them out of their shell. When they go back home they are more lively, talk more – it can be a whole new beginning for them."

Mr. Statam and his fellow bowlers certainly knew about being lively as they hooted, hollered and high-fived after every ball.

"I had a career high game, a 167, of course we were excited," said Mr. Statam. "That's what these games are about – doing your best."

For more information on this year's games go to: www.wheelchairgamesanchorage.net, or the Paralyzed Veterans of America site at: www.pva.org.



Top right: Kyle Kienitz, a disabled Veteran from Chilton, Wis., races by during the 200 Meter hand cycle competition at Bartlet High School. The Wheelchair Games are designed to promote rehabilitation, wellness and camaraderie in veterans through intense athletic competition.

Above: Ft. Richardson Youth Challenge Academy Cadets march during the parade July 4th. The parade preceded the hand cycling competition. A total of 57 hand cycles were needed for the competition.

Left: Members of the blue team and red team collide during a semi-final quad rugby match at Sullivan Arena July 5. The results of the match were based on skill-level and individual achievements.

Photos by Senior Airman Garrett Hothan

Chest salad

By **Capt. Tony Wickman**
71st Flying Training Wing Public Affairs

Across

- 1. USAF officer promotion category
- 6. Greek letters
- 10. Browse
- 14. Scent
- 15. Floor unit
- 16. Papa New Guinea currency
- 17. Legion of ____
- 18. Oracle
- 19. Much
- 20. Singer LaBelle
- 21. Gun the motor
- 22. Nevada town
- 23. Crypto org.
- 26. Taxing org.
- 28. San Diego player
- 32. The Name of the Rose writer Umberto
- 33. Bone
- 36. Vestment
- 37. Poured out emotions
- 39. Mining goal

R	B	I		E	L	K		W	S	A		M	A	D
I	O	N		N	W	A		A	L	L		A	I	R
C	L	U	S	T	E	R		L	O	L		N	R	A
E	U	R	A	S	I	A		L	E	E		H	E	W
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A	D	D		K	E	N		S	T	E		S	A	P

July 7 solutions

- 40. Chalcedony gemstone
- 41. ____ Medal
- 42. Recent Expeditionary or Service medal, in short
- 43. USAF PME
- 44. Foolhardy
- 47. Harangue
- 48. 12th graders, in short
- 49. Spy org.
- 50. Korean ____ Service Medal
- 52. Respectful address
- 53. Mistake
- 54. ____ Campaign Medal
- 57. Medal above 41 Across, in short
- 60. ____ Forces Expeditionary Medal
- 65. Restaurant’s food list
- 66. Smallest unit of an element
- 68. Female relative
- 69. Mexican pol-mil leader Antonio López de Santa ____
- 70. Zilch
- 71. Lake transport
- 72. Track competition
- 73. Lake denizen
- 74. African antelope

Down

- 1. Gangplank
- 2. Vicinity
- 3. Law
- 4. Radiate
- 5. Purpose for using Carbon-14
- 6. Time to go for USAF member
- 7. Bracket
- 8. Away from the wind
- 9. National Defense ____ Medal
- 10. Silver or Bronze medals
- 11. USS ____; US Navy ship attacked in Yemen
- 12. Forever and a day
- 13. ____ Medal – Former Republic of

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20							21				22			
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28	29	30	31					32				33	34	35
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40						41					42			
43					44	45				46		47		
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54	55	56				57	58	59		60	61	62	63	64
65						66			67		68			
69						70					71			
72						73					74			

- Yugoslavia
- 24. Observe
- 25. Fleet of ships
- 27. Shaft
- 28. Air Force or Distinguished Flying ____
- 29. Medal of ____
- 30. Chasm
- 31. My Fair Lady actor Harrison
- 32. Web-based stock brokering
- 33. Deciduous European tree
- 34. Actor Jeremy
- 35. Academy Award winner Davis
- 38. NCOIC’s boss
- 42. Graduate exam
- 44. AT&T competitor

- 45. ____ Medal
- 46. Each
- 51. European nation
- 52. Stoop low
- 54. Islamic holy man
- 55. French mathematician Descartes
- 56. Queen ____; last Stuart monarch
- 58. Store up
- 59. “ ____ Lisa”
- 61. Iranian currency
- 62. “American Pie” actress Suvari
- 63. School subj.
- 64. Title
- 67. Cuba Gooding, Jr. film “ ____ of Honor”



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

Creativity...

accept the challenge

Go beyond the edge to do it your own way...

Teamwork, collaboration, **FUN**, indoors, outdoors, **FUN**, water, wire, wackiness, **FUN**, performances, leadership, friends, costumes, **FUN**, skills, improvisation, tools, flight, physics, towers, laughter and **FUN!**

1-3 p.m. July 24-28
\$20 for youth ages 9-18
Youth Center, 552-2266

YP
youth programs
Air Force Services

Amateur Youth Photography Contest

July 25-Aug. 15

The Youth Center and the Arts & Crafts Center will host this contest for youth ages 5-17. Categories are: scenic, wildlife, military family life and graphic manipulation. Winners will receive awards and be entered into the Youth PACAF Photography Contest to be held in October.

For information and contest rules, call the Arts & Crafts Center at 552-7012.

Swap Meet

10 a.m.-6 p.m. July 29

Bring your new or used stuff to sell, or find a treasure of your own
Held in the Library parking lot on 20th Street
10- by 10-foot areas available for \$20 per day
Sellers are responsible for their own table, chairs, easy-ups or tents
Sellers may set-up at 8:30 a.m.
Hot dogs, chips and drinks for sale at event, \$3
Arctic Oasis, 552-8529

CC
community center
Air Force Services

Any person conducting child care services in base housing for more than 10 hours per week on a regular basis must be a licensed Family Child Care provider. This is in accordance with AFI 34-276. For more information on how to obtain certification, call FCC at 552-3995.

Lion's Head Whitewater Rafting on the Upper Matanuska River

7 a.m.-5 p.m.
Saturday and July 29

Outdoor Adventure Program
552-2023

Bring your *Passport to Fun* to all the Customer Appreciation Celebration events for your chance at more than \$10,000 in giveaways!

<p>Today</p> <p>Hillberg Challenge noon at Hillberg Ski Lodge, sign-ups at 11 a.m. Bring your <i>Passport to Fun</i> to this Customer Appreciation Celebration event, Fitness Center, 552-5353</p> <p>Russian River Fishing Trip 6 a.m.-5 p.m., \$35 plus \$10 pole and boot rental, sign-up in advance, Outdoor Adventure Program, 552-2023</p> <p>Couples Tournament tee times 4-5:30 p.m., \$25 per couple plus twilight green fee, nine-hole event features a potluck. Bring your <i>Passport to Fun</i> to this Customer Appreciation Celebration event, Eagle Glen Golf Course, 552-3821</p> <p>Ersonic Concert 7 p.m. at The Cave, featuring songs about flying, fighting plus country and folk, Susitna Club, 753-3131</p> <p>Bike Maintenance Clinic 4:30 p.m., \$5, Outdoor Recreation, 552-2023</p> <p>Ft. Richardson Pool Trip noon-5 p.m., ages 9-12, \$2, Youth Center, 552-2266</p> <p>Saturday</p> <p>Beginner Watercolor "Mountain Scene" 11:30 a.m.-3 p.m., also July 22, \$45 plus supplies, Arts & Crafts, 552-7012 or 552-2478</p> <p>Whittier Rookery Kayak Trip 8 a.m.-6 p.m., \$50, sign-up in advance, Outdoor Adventure Program, 552-2023</p> <p>Mini Memory Book 11 a.m.-2 p.m., bring pictures, \$17.50, Arts & Crafts, 552-7012 or 552-2478</p>	<p>Give Parents a Break 1-5 p.m., must have a referral and a reservation, Denali Child Development Center, 552-8304</p> <p>Eklutna Trail Mountain Bike Ride 9 a.m., \$10 plus \$5 bike rental if needed, Outdoor Recreation, 552-2023</p> <p>Sunday</p> <p>Crow Pass Hike 7 a.m.-6 p.m., \$25, sign-up in advance, Outdoor Adventure Program, 552-2023</p> <p>Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108</p> <p>Monday</p> <p>Monday Evening Road Bike Ride 5:30 p.m., \$6 bike rental if needed, Outdoor Recreation, 552-2023</p> <p>Tuesday</p> <p>Framing and Engraving Sale through July 22, save 10 percent, Far North Framing and Engraving Shop, 552-7017 or 552-2470</p> <p>Ceramics "Using Fashion Hues" 2:30-5:30 p.m., \$35, purchase piece at shop, Arts & Crafts, 552-7012 or 552-2478</p> <p>Wednesday</p> <p>Intro to Framing 5:30-9:30 p.m., bring an 8- by 10-inch picture or smaller, \$45, limit five people, Arts & Crafts, 552-7012 or 552-2478</p>	<p>New Parent Orientation 9:30 a.m., all Child Development Centers</p> <p>Give Christmas 5-9 p.m., sew stockings to donate to area children's wards this Christmas, all supplies provided. Bring sewing machine, extra embellishments and your <i>Passport to Fun</i> to this Customer Appreciation Celebration event, Arts & Crafts, 552-7012 or 552-2478</p> <p>Kenpo Karate 6-7 p.m. for children and families, 7-8 p.m. for adults only, ages 4 and older, \$30 per month, Arctic Oasis, 552-829</p> <p>Thursday</p> <p>Eagle River Rafting 5-7:30 p.m., \$30, sign-up in advance, Outdoor Adventure Program, 552-2023</p> <p>Thursday Evening Mountain Bike Ride 5:30 p.m., \$5 bike rental if needed, Outdoor Recreation, 552-2023</p> <p>July 21</p> <p>Independence Mine & Berry Picking 10 a.m.-5 p.m., ages 9-12, \$10, Youth Center, 552-2266</p> <p>Bike Maintenance Clinic 4:30 p.m., \$5, Outdoor Recreation, 552-2023</p> <p>FCC Summer Picnic 11 a.m.-1 p.m. at Paxton Park, learn about the programs or how to become a licensed home, games, food and fun. Bring your <i>Passport to Fun</i> to this Customer Appreciation Celebration event, Family Child Care, 552-3995</p>	<p>Manager's Camper Special three days for the price of two July 21-24, Equipment Rental, 552-2023</p> <p>Now Showing at the Talkeetna Theater</p> <table><tr><td>Today</td><td>7 p.m.</td><td>PG-13</td></tr><tr><td colspan="3">X-Men: Last Stand</td></tr><tr><td colspan="3">The X-Men, based at a school for gifted students, try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.</td></tr><tr><td>Today</td><td>9:30 p.m.</td><td>PG-13</td></tr><tr><td colspan="3">The DaVinci Code</td></tr><tr><td colspan="3">The murder of a Louvre curator reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim's granddaughter and Robert Langdon, a famed symbologist, can untangle the clues left behind.</td></tr><tr><td>Saturday</td><td>2 p.m.</td><td>PG</td></tr><tr><td colspan="3">Over The Hedge</td></tr><tr><td colspan="3">Verne and his woodland friends awaken in spring to discover a tall, green "thing" has cropped up right through the middle of their home. RJ, an opportunistic raccoon, explains that the world beyond the hedge is the "gateway to the good life" where creatures called humans live to eat, rather than eat to live.</td></tr><tr><td>Saturday</td><td>7 p.m.</td><td>PG-13</td></tr><tr><td colspan="3">X-Men: Last Stand</td></tr><tr><td>Sunday</td><td>6 p.m.</td><td>PG-13</td></tr><tr><td colspan="3">The DaVinci Code</td></tr></table>	Today	7 p.m.	PG-13	X-Men: Last Stand			The X-Men, based at a school for gifted students, try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.			Today	9:30 p.m.	PG-13	The DaVinci Code			The murder of a Louvre curator reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim's granddaughter and Robert Langdon, a famed symbologist, can untangle the clues left behind.			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SPORTS PAGE



Goooooaaaaaalllll!

Top left: David Ruehle, 3rd Civil Engineer Squadron, dribbles the ball past 3rd Aircraft Maintenance Squadron defenders during an intramural game June 28. The 3rd AMXS pushed past the 3rd CES for a 3-1 victory.

Above: Neil Francais (white shirt), 3rd CES, battles Brandon Cook, 3rd AMXS team, for the ball.



Left: Brian Busch (red shorts), 3rd CES, tries to outrun Michael Lyle (no. 4) and Laurence Paradis (no. 6), 3rd AMXS, during the match.



Photos by Staff Sgt. Rhiannon Willard

Sport Shorts

Family Extreme Bowling

The Polar Bowl hosts Family Extreme Bowling from 1-8 p.m. Sundays. The cost is \$30 for up to six bowlers and includes shoe rental, one lane for two hours, two pitchers of soda and popcorn.

For more information, call 552-4108.

Golf 4 Juniors

The Eaglelenn Golf Course will host Golf 4 Juniors July 24-27. The program includes six hours of professional instruction for children ages 8-14 and a free set of junior clubs. The cost is \$99. For more information, call 552-3821.

Gymnastics, cheerleading

Gymnastics and cheerleading classes are available for children ages 18 months and older at the Youth Center.

Instruction is available for beginners, intermediate and advanced levels. Prices range from \$40-\$110 a month depending on level of instruction.

All classes are one day a week. For more information, call 552-2266.

Outdoor Adventure Program

Hiking, biking, kayaking and rafting are a few of the adventures sponsored by the Outdoor Adventure Program. OAP is located inside the Outdoor Recreation building.

For more information, call 552-2023.

Spinning certification, continuing education class

The Fitness Center is hosting a spinning certification and continuing education class at 9 a.m. Sept. 23-24 in the spinning room.

Anyone interested can sign up at the spinning Web site at www.spinning.com/instructors or call Matt Livingston at 552-3504.

Martial Arts

The Arctic Oasis is hosting Kenpo Karate from 6-7 p.m. Wednesdays for youth and families and 7-8 p.m. for adults.

Kuk Sool Won is also available for Adults.

For more information, call 552-8529.

Elmendorf Ice Eagles hockey

Fall registration for the Elmendorf Ice Eagles starts in August. Anyone interested in playing must get their USA Hockey registration at www.usahockey.com/adult/main_site/main/adult_register.

Players must also have a hockey ID. For more information on an ID, call Annetta Powell at 275-5715.

To prepare for the upcoming season, the teams have scheduled ice time at 6 p.m. Aug. 4 and 8, at 5:15 Aug. 12 and 9:15 Aug. 18.

For more information on the Ice Eagles C team, call John Hatch at 552-3194. For information about the novice team, call Ryan Hill at 729-3799.

Operation Warm Heart golf tournament

The Elmendorf First Sergeants are sponsoring an Operation Warm Heart golf tournament Thursday at the Eaglelenn Golf Course. The 7 a.m. shotgun start will be a four-person scramble with first, second and third place, and long drive and closest to the pin for men and women.

The cost of the tournament is \$100 per team and includes lunch and two beverage tickets. Green fees and carts are not included.

For more information, or to sign up, contact your first sergeant.